

Swimming Pool Activities



Kiwanis Park Wave Pool

Come splash and play in our indoor, heated wave pool. Rent a tube and float the waves, then enjoy an icy soda and hot pizza at Kiwanis Island Concession Stand. We have a few safety rules for your visit: Children under age 8 must have an adult with them at all times. No water wings or other floatation devices permitted. The minimum height to use the water slide is 48".

Adults (18 years) \$6
Children (3-17 years) \$3

Wave Pool Hours:

Sept. 1-Sept. 30

Saturday and Sundays: 12:30 PM-4:30 PM

Oct. 6 - Nov. 3

Saturdays - 12:30 PM-4:30 PM

Special Holiday Wave Pool Hours

| | |
|-------------------|---------------|
| Monday, Sept. 3 | 12:30-4:30 PM |
| Monday, Nov. 12 | 12:30-4:30 PM |
| Friday, Nov. 23 | 12:30-4:30 PM |
| Saturday, Nov. 24 | 12:30-4:30 PM |

Discount Wave Hour Rates - 2:30-4:30 PM (during wave days only) Other discounts offered by the Kiwanis Park Recreation Center will not be honored during Discount Wave Hours.

| | |
|-----------------------|--------|
| Adults (18 yrs. & up) | \$3 |
| Children (3-17 yrs.) | \$1.50 |

Lap Swimming Hours: Effective Aug. 20 - Dec. 1

| | |
|-------------------|------------------|
| Monday - Friday | 7 AM - 8:30 AM* |
| Monday - Thursday | 11:30 - 1:30 PM* |
| Monday - Thursday | 5 PM - 8 PM* |
| Saturday | 8 AM - 11 AM* |

*Except during private rentals.

Private/Semi-Private/Small Group Lessons:

Private, semi-private, and small group lessons are available through the Kiwanis Recreation Center. Call (480) 350-5201 for additional information.

Rates per Class Meeting

| | 1/2 hr | 3/4 hr | 1 hr |
|----------------------------------|--------|--------|------|
| Private (1 individual) | \$12 | \$17 | \$22 |
| Semi-Private (2 individuals) | \$14 | \$20 | \$28 |
| Small Group (3 or 4 individuals) | \$16 | \$23 | \$30 |
| Additional Person (each) | \$5 | \$7.50 | \$8 |

Outdoor Swimming Pools & Recreation Swim Hours

Clark Park Pool 480-350-5203

19th Street & Roosevelt Street

Recreation Swim: Sept. 1, 2, 3 1-6 PM

McClintock Pool

1830 E. Del Rio Drive

480-350-5202

Recreation Swim: Sept. 1, 2, 3 1-6 PM

Escalante Pool

2150 E. Orange Street

480-350-5204

Recreation Swim: Aug. 18 - Sept. 23
Sat. & Sun 1-5 PM

Fees (Do NOT apply to Kiwanis Center Pool)

| | |
|------------------------|--------|
| Children 6 to 17 years | \$.75 |
| Adults 18 years and up | \$1.25 |

Swimming Lesson General Information

The City of Tempe Community Services Department provides a progressive program for students who wish to learn or improve their swimming skills. This program is based on the American Red Cross learn to swim program. If you have concerns regarding your child's progress or ability level, please discuss them with the instructor or pool manager.

Fees for each class must be paid at the time of registration.

A student may register for a maximum of one (1) learn-to-swim class using any of the registration procedures below. A student may also register for special classes in addition to a swimming class.

Students may register for additional learn-to-swim classes after they have completed a class. At the end of the seventh lesson each student will be provided with a skill progress sheet for the class in which he/she is currently participating and information on the next appropriate class.

Students will only be permitted to register for the next level of class by providing their skill progress sheet with their registration form.

All pre-registration activities are subject to cancellation 3 days prior to start date if minimum registration is not met.

Swim Lesson program

Dates, Class Descriptions and Schedules

Parent Assisted Lessons 30 minute classes

Water Babies (8-12 mos): Designed to be an infants first introduction to water adjustment with emphasis on parent participation/education as well as safety skills and fun. One child per adult.

Parent-Infant (12-24 mos): Designed with an emphasis on parent participation, safety skills, comfort, and fun. One child per adult.

Parent-Tot (24-36 mos): For the older tots to continue water adjustment, swim readiness skills, and safety skills. One child per adult.

Shrimps (2 to 4 years): For pre-school children who are not ready for an independent swim program or the child who has mastered the Parent-Tot class and is ready for more swim readiness skills. One child per adult.

Pre-School Age Lessons (Suggested age 3-5 years) 30 minute classes

Tadpoles: For children ready to participate in an aquatic class on their own. Emphasis on basic water adjustment, breath holding, and floating. Equivalent to Red Cross Level I.

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Guppies: Prerequisite skills: complete water adjustment skills, blow bubbles, front and back kicking with support, walk while demonstrating alternating arm stroke and supported front and back float. Equivalent to Red Cross Level II.

Otters: Prerequisite skills: prone and back glide with kick, coordinated back and front crawl for 5 yards, orientation to deep water. Equivalent to Red Cross Level III, Part A.

Minnows: Prerequisite skills: front crawl with rhythmic breathing 10 yards, back crawl 10 yards, jumps into deep water and swims 10 yards. Equivalent to Red Cross Level III, Part B.

Starfish: Prerequisite skills: coordinated front crawl with side breathing 10 yards, back crawl 10 yards, demonstrates treading water and elementary, backstroke kick. Equivalent to Red Cross Level IV.

School Age Lessons (Suggested age 6 years and up) 45 minute classes

Seals: Prerequisite skills: for the child who has not had any previous formal instruction in aquatic skills. Class emphasis is on water adjustment skills, breath holding, kicking, and safety skills. Equivalent to Red Cross Level I.

Dolphins: Prerequisite skills: submerges face for three seconds, demonstrates front and back flutter kicks. Equivalent to Red Cross Level II.

Sharks: Prerequisite skills: combined front and back crawl for 5 yards, beginning level of rhythmic breathing and deep water orientation. Equivalent to Red Cross Level III.

Porpoise: Prerequisite skills: Swim front and back crawl 10 yards, elementary backstroke kick 10 yards, and demonstrate treading water. Equivalent to Red Cross Level IV, Part A.

Flying Fish: Prerequisite skills: Swim front and back crawl 15 yards, elementary backstroke 10 yards, and treading water 2 minutes. Equivalent to Red Cross Level IV, Part B.

Swordfish: Prerequisite skills: Swim 25 yards of front crawl with side breathing, swim 25 yards of back crawl, swim 10 yards of elementary backstroke, breaststroke kick and sidestroke kick 10 yards, and treads water for 2 minutes. Equivalent to Red Cross Level V.

Stingray: Prerequisite skills: swims 50 yards of front and back crawl, 10 yards of sidestroke and breaststroke, swims under water, butterfly kick 10 yards, and treads water 2 minutes. Equivalent to Red Cross Level VI.

Barracuda: Prerequisite skills: swim front and back crawl 100 yards, breaststroke and sidestroke 25 yards, butterfly 10 yards, demonstrates open and flip turns, surface dives, treads water 3 minutes, and racing dive. Equivalent to Red Cross Level VII.

Specialty Lessons - Aquatics 60 minute classes

Adult Beginner: (Prerequisite: 15 years of age and older). Class is designed for adults who wish to learn to swim and will be geared to meet the needs of individuals. Emphasis is on adapting to the water and introduction to the front crawl, back float, and safety skills.

Adult Intermediate: (Prerequisite: 15 years of age and older). Class is designed for adults who have mastered the beginner skills and can swim 25 yards using a front crawl.

Adult Stroke Improvement: (Prerequisite: 15 years of age and older). Class is designed to improve upon and refine current skills rather than teach strokes.

Water Fitness (Aerobics): A fitness class incorporating warm-ups, 25-40 minutes of aerobic exercise, a cool-down period, and exercises to tone and strengthen muscles. No swimming ability required.

Deep Water Fitness (Aerobics): This is a water fitness class using deep water as its medium. Participants should be comfortable in deep water. The class will use some flotation devices to exercise.

Swimming Lesson Schedules

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Kiwanis Pool Evening Swim Lesson Schedule • 480-350-5201 Monday/Wednesday Classes meet twice a week for four weeks. Fees for Swim Classes: \$27

| Class Title | Time | *Session I 9/3-9/26 | Session II 10/1-10/24 | Class Title | Time | *Session I 9/3-9/26 | Session II 10/1-10/24 |
|--|--------------------------------------|--|--|--------------------------|--------|------------------------|--------------------------|
| Parent-Infant | 5:40PM | KPI1-1D | KPI2-1D | Seals | 5:05PM | KSE1-1D | KSE2-1D |
| Parent-Tot | 6:15PM | KPT1-1D | KPT2-1D | Dolphins | 5:05PM | KDL1-1D | KDL2-1D |
| Shrimps | 5:05PM 6:15PM | KSP1-1D KSP1-2D | KSP2-1D KSP2-2D | Sharks | 5:05PM | KSH1-1D | KSH2-1D |
| Tadpoles | 5:05PM 5:40PM 6:50PM | KTA1-1D KTA1-2D KTA1-3D | KTA2-1D KTA2-2D KTA2-3D | Porpoise | 6:00PM | KPO1-1D | KPO2-1D |
| Guppies | 5:05PM 5:40PM 6:15PM 6:50PM | KGU1-1D KGU1-2D KGU1-3D KGU1-4D | KGU2-1D KGU2-2D KGU2-3D KGU2-4D | Flying Fish | 6:00PM | KFF1-1D | KFF2-1D |
| Otters | 5:40PM 6:50PM | KOT1-1D KOT1-2D | KOT2-1D KOT2-2D | Swordfish | 6:00PM | KDF1-1D | KDF2-1D |
| Minnows | 5:05PM 6:50PM | KMN1-1D KMN1-2D | KMN2-1D KMN2-2D | Stingray | 6:50PM | KGR1-1D | KGR2-1D |
| Starfish | 6:15PM | KST1-1D | KST2-1D | Barracuda | 6:50PM | KBC1-1D | KBC2-1D |
| | | | | Adult Beg. | 7:45PM | KAD1-1D | KAD2-1D |
| | | | | Adult Inter. | 7:45PM | KAI1-1D | KAI2-1D |
| | | | | Adult Stroke Improvement | 7:45PM | KSI1-1D | KSI2-1D |
| *No class will be held on Monday, Sept. 3, Make up class will be on Sept. 7. | | | | | | | |

Tuesday/Thursday Classes Classes meet twice a week for four weeks. Fees for Swim Classes: \$27

| Class Title | Time | *Session I 9/4-9/27 | Session II 10/2-10/25 | Class Title | Time | *Session I 9/4-9/27 | Session II 10/2-10/25 |
|---------------|---|--|--|-------------|---|---|---|
| Water Babies | 10:10AM 5:40PM | KWB3-1D KWB3-2D | KWB4-1D KWB4-2D | Otters | 9:00AM 10:45AM 5:05PM 5:40PM 6:50PM | KOT3-1D KOT3-2D KOT3-3D KOT3-4D KOT3-5D | KOT4-1D KOT4-2D KOT4-3D KOT4-4D KOT4-5D |
| Parent-Infant | 10:45AM | KPI3-1D | KPI4-1D | Minnows | 9:35AM 5:40AM 6:50PM | KMN3-1D KMN3-2D KMN3-3D | KMN4-1D KMN4-2D KMN4-3D |
| Parent-Tot | 9:35AM 5:05PM | KPT3-1D KPT3-2D | KPT4-1D KPT4-2D | Starfish | 10:10AM 6:15PM | KST3-1D KST3-2D | KST4-1D KST4-2D |
| Shrimps | 9:00AM 6:15PM | KSP3-1D KSP4-1D | KSP3-2D KSP4-2D | Seals | 5:05PM | KSE3-1D | KSE4-1D |
| Tadpoles | 9:00AM 10:45AM 5:05PM 6:15PM 6:50PM | KTA3-1D KTA3-2D KTA3-3D KTA3-4D KTA3-5D | KTA4-1D KTA4-2D KTA4-3D KTA4-4D KTA4-5D | Dolphins | 6:00PM | KDL3-1D | KDL4-1D |
| Guppies | 9:00AM 10:10AM 5:05PM 5:40PM 6:15PM 6:50PM | KGU3-1D KGU3-2D KGU3-3D KGU3-4D KGU3-5D KGU3-6D | KGU4-1D KGU4-2D KGU4-3D KGU4-4D KGU4-5D KGU4-6D | Sharks | 6:00PM | KSH3-1D | KSH4-1D |
| | | | | Porpoise | 5:05PM | KPO3-1D | KPO4-1D |
| | | | | Flying Fish | 5:05PM | KFF3-1D | KFF4-1D |
| | | | | Swordfish | 6:00PM | KDF3-1D | KDF4-1D |
| | | | | Stingray | 6:50PM | KGR3-1D | KGR4-1D |
| | | | | Barracuda | 6:50PM | KBC3-1D | KBC4-1D |

Swimming Lesson Schedules



Special Interest Aquatic Classes

American Red Cross Lifeguard Training

This is an American Red Cross certification course for individuals who are interested in life guarding. The course will include First Aide, CPR, as well as the lifeguard training. Must be 15 years of age and able to perform swimming skills necessary to complete the course requirements. Fee: \$110.

Class Dates: Sept. 11-Oct 4

| | | | |
|---------|------|--------------|-----|
| KLGT-1D | T/Th | 7-10 PM | KRC |
| | Sa | 9 AM-12 noon | |

Adult Scuba Diving

Class requires 2 hours of classroom instruction (6-8 PM) and 2 hours of wet instruction (8-10 PM) each night. The class fee includes a P.A.D.I. Open Water Dive Manual, and approximately 24 hours of instruction. The fee does not include the final Open Water Checkout Dive, which is not part of this course. However, this dive may be arranged by the student with ANY qualified instructor/dive shop. Information on local qualified dive shops will be distributed during the first class session.

The tanks, regulators, buoyancy compensator and weight belts will be provided. Students must supply mask, fins, snorkel, neoprene booties, and vinyl gloves. All equipment may be purchased from the instructor at a special discounted price. Equipment will be discussed at the first class meeting. El Mar Dive will provide the instruction. Class will meet both at Kiwanis Recreation Center and McClintock Pool. Fee: \$150.

KSD-1D

Class Dates:

| | | |
|----------|------------|---------|
| Sept. 12 | KRC | 6-10 PM |
| Sept. 15 | McClintock | 12-4 PM |
| Sept. 19 | KRC | 6-10 PM |
| Sept. 22 | McClintock | 12-4 PM |
| Sept. 26 | KRC | 6-10 PM |
| Sept. 29 | McClintock | 12-4 PM |
| Oct. 3 | KRC | 6-10 PM |
| Oct. 6 | McClintock | 12-4 PM |

| Kiwanis Pool Water Aerobics Schedule | | | |
|---|------|-----------|-------------------------|
| Class Title | Day | Time | Session I *8/20-12/1 |
| Deep Water | M/W | 6:40pm | KDW1-1D |
| Water Fitness | M/W | 8:50am | KAE1-1D |
| | M/W | 5:30pm | KAE1-2D |
| | T/TH | 8:50am | KAE1-3D |
| | T/TH | 6:40pm | KAE1-4D |
| | Sa | 9:00am | KAE1-5D |
| *no class on Sept. 3, Nov. 23, 24 | | | |
| PUNCH CARDS FEES - WATER FITNESS | | | |
| 2 punches | | 6 punches | |
| \$7 | | \$21 | |
| 4 punches | | 8 punches | |
| \$14 | | \$28 | |

Synchronized Swimming

Water ballet classes for beginner through intermediate students. Class will consist of basic formations, stunts and rhythmic swimming. All classes held at Kiwanis Wave Pool. Fee: \$27.

Class Dates: Sept. 4-Sept. 27

| | | | |
|----------|--------------|------|--------------|
| KSYN1-1D | Beginners | T/Th | 7:30-8:30 PM |
| KSYN1-2D | Adv. Beg/Int | T/Th | 7:30-8:30 PM |

Class Dates: Oct. 2-Oct. 25

| | | | |
|----------|-------------|------|--------------|
| KSYN2-1D | Beginners | T/Th | 7:30-8:30 PM |
| KSYN2-2D | Adv.Beg/Int | T/Th | 7:30-8:30 PM |

Water Safety Instructor

This is an American Red Cross certification course for individuals wishing to become swimming instructors. Pre-requisites: 17 years of age or older, ability to perform skills appropriate for the class. Fee: \$110.

Class Date: Oct 9-Nov 3

| | | | |
|---------|------|--------------|-----|
| KWS1-1D | T/Th | 7- 10 PM | KRC |
| | Sa | 9 AM-12 noon | |

Arthritis Foundation Water Exercise Class

An exercise class designed to help relieve pain and stiffness caused by arthritis. The class is taught by an Arthritis certified instructor. Fee: \$30.

Session 1: 9/4-9/27

| | | | |
|---------|------|---------------|-----|
| KAF1-1D | T/Th | 11:15 AM-noon | KRC |
|---------|------|---------------|-----|

Session 2: 10/2-10/25

| | | | |
|---------|------|---------------|-----|
| KAF1-2D | T/Th | 11:15 AM-noon | KRC |
|---------|------|---------------|-----|

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| Saturday Classes Classes meet once a week for six weeks. Fees for Swim Classes: \$21 | | |
|--|---------|-------------------------|
| Class Title | Time | *Session I 9/8-10/13 |
| Water Babies | 10:45AM | KWB5-1D |
| Parent-Infant | 9:00AM | KPI5-1D |
| Parent-Tot | 10:10AM | KPT5-1D |
| Shrimps | 9:35AM | KSP5-1D |
| | 11:20AM | KSP5-2D |
| Tadpoles | 9:00AM | KTA5-1D |
| | 10:10AM | KTA5-2D |
| | 10:45AM | KTA5-3D |
| | 11:20AM | KTA5-4D |
| Guppies | 9:00AM | KGU5-1D |
| | 10:10AM | KGU5-2D |
| | 10:45AM | KGU5-3D |
| | 11:20AM | KGU5-4D |
| Otters | 9:35AM | KOT5-1D |
| | 10:45AM | KOT5-2D |
| Minnows | 9:35AM | KMN5-1D |
| | 11:20AM | KMN5-2D |
| Starfish | 10:10AM | KST5-1D |
| Seals | 9:55AM | KSE5-1D |
| Dolphins | 9:00AM | KDL5-1D |
| | 10:45AM | KDL5-2D |
| Sharks | 9:00AM | KSH5-1D |
| | 10:45AM | KSH5-2D |
| Porpoise | 9:55AM | KPO5-1D |
| | 10:45AM | KPO5-2D |
| Flying Fish | 9:55AM | KFF5-1D |
| Swordfish | 9:55AM | KDF5-1D |
| Stingray | 9:00AM | KGR5-1D |
| Barracuda | 9:00AM | KBC5-1D |

